

# FEELING FRAZZLED & OVERWHELMED?

**Are you experiencing...**

- Fatigue, lethargy, and lack of motivation
- Weight Gain
- Moodiness and irritability
- Concentration & memory problems
- Difficulty making decisions
- Inability to cope with stress

**You may be sleep deprived!**

***Learn the 9 steps to improve your  
sleep and overall health with  
Dr. Valerie.***

**TUESDAY, June 4, 2013**

**Noon to 1:00 PM**

**Conference Room 3000**

**Please register with Janelle Hall**



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